

Sierra Del Sol Senior Living
8151 E. Speedway Blvd.
Tucson, AZ 85711

Postage
Information

April 2025

Sierra Times

Sierra Del Sol Senior Living- 8151 E Speedway Blvd, Tucson AZ 85710



Celebrating April

Stress Awareness Month

Jazz Appreciation Month

Golden Rule Week

April 1–7

Passover

April 12–20

**International Moment
of Laughter Day**

April 14

Easter

April 20

Earth Day

April 22

Good Friends Make Good Neighbors

**Do you have a friend who
is looking to make a move
into a community?
When you or your family
members refer someone
to move into the
community, you will
receive a rent credit for
\$4000 after they have lived
with us for 90 days.**

Meet Our Team

**Laure
O-Mendenhall**
Executive Director

Deb Rossi
Director of Sales &
Marketing

Anne Connell
Community Relation
Director

Keelani Duffey
Wellness Director

Madison Faulkner
Wellness Director

Arine Boschian
Dining Services Director

Maryanna Rodriguez
Life Enrichment Director

Kimberly Adams
Business Office Manager

Aaron Brady
Plant Operations Director

April 2025 Newsletter - A Message from Our Executive Director, Laure Mendenhall

Dear Families, Residents, and Team Members,

As we welcome the warmth and renewal that comes with spring, I am excited to reflect on the progress we have made here at Sierra Del Sol and share our ongoing commitment to the well-being of our residents. Every day, I am inspired by the resilience, connection, and joy that our community continues to cultivate. Whether you are a family member, a resident, or part of our dedicated team, each of you plays an integral role in making Sierra Del Sol a place of belonging and care.

In April, we celebrate more than just the beauty of spring – we also celebrate the strength of the bonds we share. Our assisted living and memory care residents benefit not only from the expert care we provide but from the relationships they build within our community. It's in the small moments, whether it's a conversation over coffee, a walk in the garden, or sharing stories of the past, that we create the foundation for trust, comfort, and joy.

A Heartfelt Thank You

I want to extend my deepest gratitude to our team of caregivers, staff, and volunteers. Your tireless commitment to providing compassionate care, creating a warm and inviting environment, and ensuring that our residents' lives are filled with dignity and purpose is truly invaluable. The relationships you build with our residents and their families are what make this community so special.

Lastly, I would like to thank our families for entrusting us with the care of your loved ones. We are honored to be part of their journey, and we are here to support you every step of the way.

As we continue to navigate the year, let us remember that we are stronger together, and our community is a testament to the power of care, connection, and kindness. Here's to a season of renewal, growth, and joy!

With warm regards,

Laure Mendenhall
Executive Director
Sierra Del Sol



Good Friends, Good Food, Good Times!



Treat Yourself Head to Toe

Looking for an excuse to treat yourself to a little TLC? Look no further than April 25, Mani-Pedi Day. Manicures and pedicures involve an entire host of hand and foot treatments, including filing and clipping nails, massages, and softening and moisturizing the hands and feet in hot paraffin wax, lotions, or oils. Some even choose to decorate their nails with tiny jewels, dried flowers, or glitter.

The nail salon, once seen as a primarily feminine space, is now attracting a more diverse crowd. A professional nail treatment can complement a sharp outfit, a fresh haircut, polished shoes, and a touch of fragrance, creating a polished look for anyone. Even NFL athletes have known to unwind with a calf massage while their feet soak in warm paraffin wax. Some upscale salons offer a relaxed vibe, pairing nail care with beverages like beer or scotch and big-screen TV sports



Life is Better WITH Friends

Friends are the people who make you smile, laugh louder and live better.



What's Cooking, you ask?? Resident made chimichangas!



Best moments are made over shared meals and friends



Cheers!



SUNDAY, APRIL 20TH
11:30-1:00

EASTER FAMILY PICNIC

Come join us for our Annual Easter family picnic, Easter egg hunt and Pictures with the Easter Bunny!

If you plan on having your family attend, please RSVP by **April 13th!**

Meal Tickets can be purchased at the front desk for \$20

MARCH EMPLOYEE OF THE MONTH

Mershon has stepped into a new position as assistant DSD. Which he has been doing an amazing job he helps run the Dining Department from helping create menus, food orders, managing staff cooking great food for the residents Mershon is the overall go to guy. He helps cover shifts very reliable and a hard worker. We're grateful to have him part of Sierra Del Sol team.

HAPPY BIRTHDAY

Wish you all the best

Resident Birthdays	Staff Birthdays
4/4 David S.	4/7 Isaac P.
4/8 Mary C.	4/15 Jela L.
4/8 Marian K.	4/15 Wael A.
4/27 Bernie P.	4/18 Arine B.
4/29 Pauline L.	4/30 Beatrice A.
4/30 Ralph R.	

DON'T FORGET TO JOIN US FOR OUR LIVE PERFORMANCES

- 4/4 Sing Along w/ Maryanne
- 4/9 Sing Along w/ Linda Updike
- 4/16 Musical Entertainer Gloria, Pianist and Singer
- 4/23 Happy Hour w/ The Dirty Old Men Band
- 4/25 Choir Visit from Desert Christian Middle School
- 4/30 Adkins & Anderson Singing the Music Everyone Loves

April Outings

- 4/1 Movie Theaters
- 4/8 Lunch at On the Rocks
- 4/10 Fry's & Dollar Store
- 4/13 & 4/27 Sunday Scenic Bus Ride
- 4/15 Picnic at Patagonia Lake
- 4/17 Walmart
- 4/22 Tucson Botanical Gardens
- 4/24 Trader Joe's
- 4/29 Thrift Store Shopping

Please make sure to sign-up for all outings and excursions in advance!